



KENTUCKY

MASTER CLOTHING VOLUNTEER PROGRAM

April
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Newsletter

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CLOTHING and TEXTILES PROGRAM
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<http://fcs-hes.ca.uky.edu/content/master-clothing-volunteer-program>



Bobbin' along with Marjorie

Change is inevitable and is a constant reminder that the world around us is alive and growing. Springtime is our biggest reminder with the trees budding out, the daffodils, and crocus blooming. This spring seems to have come a little later than some but, nonetheless, Mother Nature never disappoints us at this time of year! Albeit, we have had our share of springtime snow!

You may have noticed that my office address has also changed. This is my third office and second move is less than 6 months. I'm told I will likely be moving again in May. Fortunately, I am still in the same building on the same floor and each move has been an improvement in my workspace.

Another change is we've added two new members to the MCV Steering committee since the last newsletter. Please welcome Anne Hillard, Fort Harrod CMCV and Brenda Pinkston, Green River CMCV. I'm looking forward to meeting with them and steering committee later in April to plan the fall training. Mother Nature pulled a snowy punch on our meeting date scheduled in March, let's hope she doesn't do the same in April (BTW it is snowing as I am writing this).

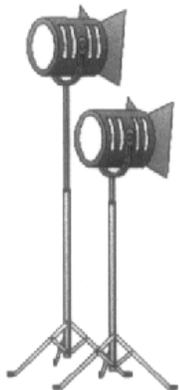
It seems like I've been doing a lot of traveling this spring. Several trips to Jabez for their annual Quilt Seminar and for weekends with the 4-H Fashion Leadership Board. However, I also took a couple of fabric shopping road trips in March. One weekend I traveled with my daughter to Evansville, Indiana to visit Let's Sew. It is a great store with lots of garment fabrics to choose from. They also give a 15% discount to those of us that work with 4-H sewing programs. Then the following weekend I traveled to Nashville, Tennessee and stopped by Whittles in Smiths Grove. While in Nashville, I visited Craft South and Textile Fabrics. Both these stores had great selections for garment fabrics. The main reason for going to Nashville, however, was to attend a trunk show and workshop with Sarah Gunn, co-author of the Tunic Bible. Read more about this in the Book Review section.

Marjorie M. Baker

Marjorie M. Baker, M.S.
Extension Associate for Clothing and Textiles



SPOTLIGHT



**Gail Hinton
Lincoln Trail Area
Class of 2006**

Earliest sewing experiences:

I learned to sew in 4-H when I was 10. The first sewing project was a square scarf with fringe and matching skirt. I remember the fringing more than the sewing. It was not easy for me to learn to sew, maybe because I was a tomboy and would rather be outside playing.

Experience as a Master Clothing Volunteer:

My experience as a Master Clothing Volunteer has been very good. The training sessions are always interesting and informative. The sewing classes I've taught have been rewarding, especially working with the 4-H age sewers. I really enjoy the service sewing; everyone seems to really appreciate any item made for them.

Family:

My husband of 53 years, Chuck, is retired from Federal Civil Service at Fort Knox. We have two grown sons, Henry and Kenneth. They both live in Elizabethtown with their spouses. We have one grandson, three step-grandchildren, and six step great-grandchildren.

In Remembrance

Sara Ann Counts,
age 74, of Wingo,
died December 29,
2017 at Baptist
Health in Paducah,
KY. Sara Ann
attended St. Paul
United Methodist



Church in Wingo, was a member of the Cayce United Methodist Church, and was a retired supervisor from the Kentucky Cabinet for Human Resources after 26 years of service. She attended Fulton County High School and was a graduate of Murray State University. Sara was a member of the Wingo Homemakers, the Graves County Homemakers, and the Kentucky Master Volunteer in Clothing Construction Program, Class of 2000. She served on the MCV Steering committee from 2004-2007 and was an active volunteer in her community and the Purchase area for many years. She became an Emeritus Master Clothing Volunteer in 2014.

Sara is survived by her husband of 53 Years – James Stanley Counts of Wingo; a son – Stan Counts of Oak Hill, West Virginia and several nieces and nephews.

Expressions of sympathy may take the form of contributions to: American Heart Association, P.O. Box 15120, Chicago, IL 60693; or St. Paul Methodist Church Building Fund, 97 S. St. Paul St., Wingo, KY 42088, or to the Graves County Homemakers Scholarship Fund: Graves County Extension Services: 251 W. Housman St., Mayfield, KY 42066.

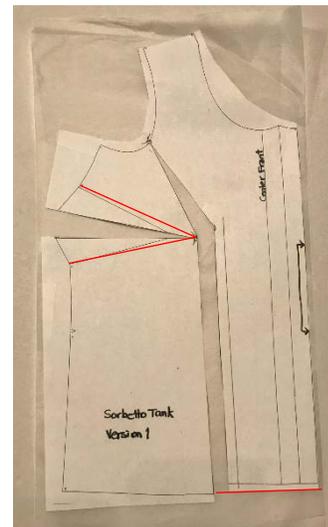
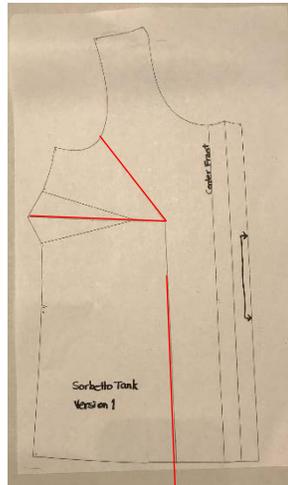
✓ DOROTHY DO RIGHT ✓

Pattern Bust Adjustments

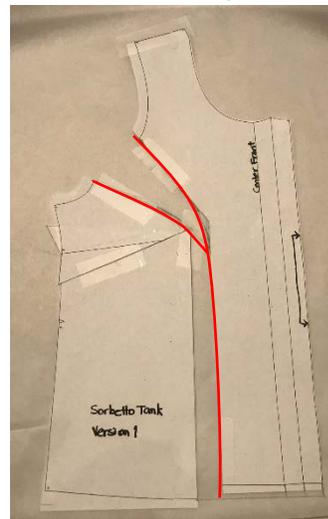
I recently taught a class at *It's Sew Fine for Home and Family Sewing Expo* on fitting the Sorbetto Tank top. This is a free pattern from Colette.com. You will find excellent instructions on the Sorbetto Sewalong for making pattern adjustments to this pattern at: <https://www.sewalongs.com/sorbetto>

Unlike most commercial patterns, the Sorbetto Tank is sized for a "C" cup. When I realized this, I knew I would be making adjustments to my own pattern just as most of my students in the class needed. The thing I learned most from teaching this class was actually from working with Julie Donahue. We determined that side bust darts just do not work for very large cup sizes.

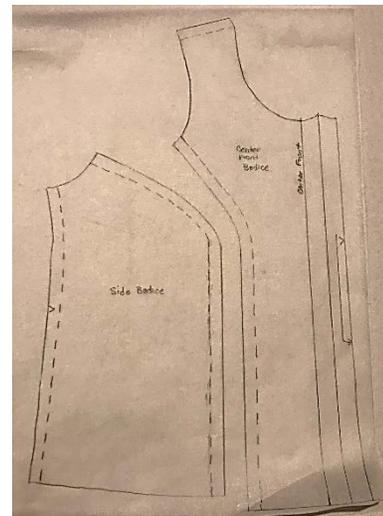
Determined to get a pattern that fit, I set out to change her pattern into an armhole princess line. To do this, we first measured her and determined the amount of bust differential that needed to be added and made a full bust adjustment to her side bust dart. From that point, I rotated the side bust dart to the armhole to create the princess line. The pattern was then traced off and seam allowances added to the curved seams. Julie sewed it up and voile, it fit perfectly.



Full bust dart adjustment



Side bust dart rotated to armhole



Princess seam pattern pieces

Kentucky Make it With Wool Contest

Kentucky is currently looking for someone to take over being the state director. Dorothy Vale has been the volunteer director for the past 20 years. Please contact Dorothy if you are interested at kymiww@aol.com.



Book/Pattern Review:

The Tunic Bible: One Pattern, Interchangeable Pieces, Ready-to-wear Result by Sarah Gunn and Julie Starr



Voted Best Pattern of the Year 2016 by PatternReview.com, this book offers a lot of inspiration and creative choices to make a simple tunic that is both stylish and easy to make. The book includes a traceable pattern with neckline and sleeve variations to choose from. I found the pattern fit with minimal fitting adjustments. The directions in the book do assume you already know how to sew and fit a pattern. Many of the photo examples in the book were embellished with ribbons, trims, and machine embroidery.

After meeting the author I am further convinced that more and more people want to sew clothing for themselves to not only save money but to have modest and classic clothing that will be worn for several years.

Sarah Gunn has gained fame through her goodbyevalentino.com blog. My tunic that I worked on at her workshop was even

included in her March 13th blog post! The completed tunic is pictured below. I used the front placket instructions from the May 2018, number 196 Threads magazine to complete my neckline. I can't wait for warmer weather to wear it.



Calendar of Events



June 30 Annual reports due to area contact agents

July 15 –Aug 10 On-line registration open for statewide training

August 16-26 Kentucky State Fair

October 22-25 Session I Statewide MCV Training, Lake Cumberland 4-H Educational Center

October 23-26 Session II Statewide and Class of 2018 Training, Lake Cumberland 4-H Educational Center

Flip-flop Foot Pedal Holder

One of the most annoying things about using a sewing machine is the wandering foot controller! How many times have you been sewing and every time you get ready to press on the foot pedal - it has moved! It keeps wandering until you are sewing with your leg stretched as far as it will go!

Hopefully this cute little flip flop will help keep your wandering pedal at home!

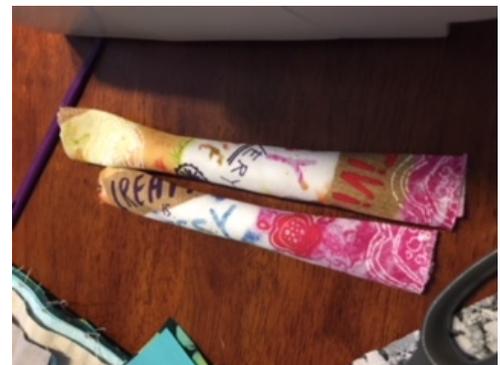
Supplies:

- non-slip shelf liner
- Fabric scraps
- Polyester fiber fill



Directions:

1. Draw a paper pattern around your foot pedal in a flip-flop shape, making sure that it is approximately 1" wider than the pedal all around. Cut the paper pattern out.
2. Using the pattern, cut 2 flip-flops from the shelf liner. Place the two pieces on top of one another.
3. Cut a bias strip 2 1/2" wide. Cut two portions for the upper portion of the flip-flop (one slightly longer than the other). The measurements will vary depending on the width of your pedal. This part will hold your pedal in place. Sew each 2 1/2" wide section together vertically, using a 1/4" seam. You will have two tubes. Turn and press each with the seam underneath. Lightly stuff the center portion of each tube, leaving the outer portions flat for sewing.



4. Place the tubes at the upper (toe) portion of the flip flop sole, the longer one on the outer side of the flip flop and the smaller on the inner side. Overlap them slightly at the top, making the tubes look like the straps of a flip-flop.
5. Arrange and pin the straps on the sides, making sure that your pedal can nest under the straps.
6. Sew the straps in place. Trim to match the edges of the sole.



7. Cut a 1½-inch wide bias strip. Apply the bias strip along the outer edge of the top of the flip flop, sewing through all layers. Turn the sewn strip under and hand sew to the backside, folding the raw edges under.
8. Nest your pedal and start sewing!



Instructions and photos submitted by Anita Cummins, CMCV
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April 2018